

National Women's Health Week May 9th—May 15th



Chris Owens
Director

This edition of *The Scoop* is dedicated to Women's Health. We invite you to visit one of [OFW's health fair sites](#). Mother's Day, the first day of National Women's Health Week, is a perfect reminder. Make checking your health status an annual Mother's Day tradition.

To make changes, perhaps the biggest obstacle we face is getting started. It is easy to become discouraged or overwhelmed. Here is the best advice I can offer:

- Have some specific goals in mind.
- Be satisfied with baby steps at first.
- Look for simple things to change.
- Make changes based on what you like. You are much more likely to make real changes that last over time if you enjoy them.

Other ideas: [Find a new food at a farmers market](#); take a friend to make it a fun outing. My new favorite food is spaghetti squash. It is high in nutrition, low in calories, and easy to prepare. Already active and want to step up your exercise routine? How about [Bike To Work Day](#)? Need help getting started? Check out the great resources in Carmen's articles on Pages 2-3 like [Lose It Louisville](#).

Please remember, investing in your health is important for you and all the people who rely on you.

A Message From the Kentucky Women's Health Registry

The Kentucky Women's Health Registry at the University of Kentucky's Center for the Advancement of Women's Health needs women who are over age 18 and living in Kentucky to take a confidential health survey once a year. Registry data is protected by a Certificate of Confidentiality from the National Institute of Health. The survey can be taken [online](#) or on paper (complete with postage paid envelope) by calling **800 929 2320** to request a paper version of the survey. The information collected is used by researchers in Kentucky to better understand how women's health changes over time. They would like to better understand how stresses we face, who we take care of, where we live and where we work affects our health.

Neither Registry staff nor any researcher using data share your personal identifying information with anyone. In fact, your name and address are kept in a separate database from your survey answers making your survey anonymous. Your name and address are only used to remind you to take the survey again next year, to send you quarterly newsletters about what they are learning from the Registry and to give you the option of participating in other forms of research if you are interested.

Please consider taking the time to complete the survey [online](#). Also, please help us to spread the word to other women you know who may

OFW's 2nd Annual Women's Health Fair

10 am—3pm

May 10th: 810 Barret Ave.

May 11th: 2900 W. Broadway

be interested in participating. We have a goal of **2500** new women completing the survey each year. Meeting the goal is never easy but it shows that women in Kentucky believe in working together to improve their health and health care. Don't wait for someone else to advance women's health; join the thousands of other Kentuckians playing their part to improve women's lives. Thank you for taking the survey and for spreading the word about how women can work together to improve health care for themselves and their daughters!

If you have any questions about the Registry please contact either:

Mary Johnson the Registry Study Coordinator
([by email](#)) or by phone at **859 323 1377**

Ashley McCorkle the Outreach Coordinator
by [email](#) or by phone at **800 929 2320**.

*Our sincere thanks,
The Registry Staff*



IN YOUR CORNER: For Your Health

Contributed by: Carmen Moreno-Rivera

Thank You, Carmen!

"In Your Corner" is a new section in *The Scoop* where you will see articles about women and health, thanks to Carmen Moreno-Rivera.

Carmen is a frequent and valued writer for *The Scoop*. Her offer to create a "health corner" in for each edition is a wonderful gift to OFW and to you. After all, women's health is not a once a year concern.

Carmen's research on topics of interest to women and down to earth writing style are greatly appreciated. Her first "In Your Corner" article focuses on healthy eating. It is chock full of nutritious resources.

We look forward to future "In Your Corner" contributions by Carmen!!

READERS: Please send feedback & suggestions to:

OFW@Louisvilleky.gov

Exercise is only half the battle!

I confess—I make poor eating choices. Well, I *used to*. It was a few years ago when I realized my eating habits were spiraling out of control. I was a recent college graduate, living by myself, and travelling every week for work. All those factors meant eating out multiple times a day at mostly fast-food restaurants. I was within my "healthy weight range" so I was ok, right?

Wrong!

I was always tired and could not seem to break out of the cycle of dining out on an unhealthy meal, coming home, and napping. I slowly started working out and, although I felt better, I was *still* tired. I finally figured it out—an exercise routine does no good without changing what you eat!

My first step was committing to the healthy eating change and finding a friend to hold me accountable. The second step, and hardest for me to do, was to give up fast-food and start cooking. I could cook but I was unsure if I could make a Mexican Pizza like Taco Bell!

I started doing some research and found many resources that help you substitute foods for more healthy options and develop easy, healthy recipes that will keep you from going to a restaurant. The [US Department of Health and Human Services](#) has an excellent guide called *A Healthier You* that includes a list of healthy food substitutes, tips on reading food labels, and tips for meal planning.

No time to search online? Commit to making small changes right now. Here are some

things I did to help me make better choices, even when eating out.

- ◆ Ask for dressing and sauces on the sides. Chefs tend to be too generous.
- ◆ Eat spinach instead of lettuce or mix the two.
- ◆ Instead of buying deli meat for lunch, grill or boil chicken breasts and shred.

These may seem small and you may have previously read these same tips. They really work; it just takes some will power and dedication to changing your eating habits. Try a few, or check out the guide mentioned above to make some changes to your favorite recipes. I saved a lot of money and surprised myself when I realized all of *my* Mexican dishes tasted better than my former favorite restaurant's.

Please remember that I am not a nutritionist or dietician. I'm just a regular gal who sits behind a desk all day, hoping that the choices I make are healthy ones. I have made some drastic changes, but there is always room for improvement. I encourage you to find a "healthy choices partner," join virtual fitness and nutrition forums, and adjust your diet as you feel comfortable. Some changes will be harder than others but, believe me, your body will thank you in the long run!



More healthy meal planning and other tools are available at: [MyPyramid.gov](#) and [Office on Women's Health](#).



Looking for another approach? "[RealAge.com](#)" has more resources and information. Take their survey to find out your "real age." No online survey can provide complete information about your health, but Real Age's survey and personalized report gives insight about your well being and important risk factors.



Upcoming Mayor's Community Conversations



**Community
Conversations:**
6:30pm on the
3rd Monday of the Month

Monday, May 17

Butler High School Gym
2222 Crums Lane [Map it](#)

Monday, June 21

Fern Creek High School
Gym
9115 Fern Creek Road
[Map it](#)

Monday, July 19

Westport Middle School
8100 Westport Rd [Map it](#)

Monday, August 16

Central High School
Small Gym
1130 W. Chestnut Street
[Map it](#)

Monday, Sept. 20

Iroquois High School
Big Gym
4615 Taylor Blvd [Map it](#)

Monday, October 18

Seneca High School
Large Gym
3510 Goldsmith Ln [Map it](#)

Monday, Nov. 15

New Downtown Arena
Second and Main Streets
[Map it](#)

**Be sure to look for OFW at
Community Conversations.**



Louisville Metro Wants YOU To Be Healthy!

Contributed by: Carmen Moreno-Rivera

Do you know where you can find local resources on Trans fat or weight management? Have you heard of the *Worksite Wellness Committee*? What about the *Lose it Louisville* campaign? If you answered "no" to any of these questions, you haven't checked out one of the best wellness resources that Louisville Metro has to offer.

The Department of Health and Wellness (formerly the Department of Health) has a [new and improved website](#) that encourages residents to live healthy lifestyles and build healthy communities. The department has created a free newsletter to which you can subscribe and keeps up-to-date information on its calendar about community events geared towards improving your health. In addition, it is a great resource to research such topics as

- Louisville's smoke-free law;
 - Food safety and recalls;
 - Neighborhood clinic services;
- and, general information on common health issues such as heart disease and strokes.

Louisville Metro government has focused its efforts on building a healthier city in the past few years. The development of more bike and walk paths, the Subway Hike and Bike series, and the Louisville Farm to Table program are excellent tools residents can use to live healthier lifestyles.

A new program, [Lose it Louisville](#), promotes losing weight and being more active. People over 18 years old can sign up to track their weight loss and get free health and fitness tips. You can also download a schedule to find a fitness or health-focused class in your area of town. There are fitness activities such

as Tai Chi and aerobics and the healthy subjects include diabetes prevention, a series of classes that focus on everything from diet and exercise to monitoring your glucose levels. The best part?—most classes are free or low cost (*I found one class for \$0.25 a session!*).

The Health and Wellness department is an excellent place to begin your healthy journey. There are an abundance of resources and programs available in the Louisville area to help you along the way. Summer is just around the corner and it would be a great time to add some healthy activities to your calendar. Take time for your health and use the services and tools that Louisville Metro has provided to make a healthier, happier you!

Click on the icon to visit Louisville Metro's Health and Wellness website:



- Ladies: To Schedule your cancer screening CALL 899-6842
 - Services available— [May 10th & May 11th](#)
- Mammograms, pap smears, colon cancer screenings, and for the men—prostate cancer screenings.





Join OFW at 2 health fair locations this year to celebrate National Women's Health Week. (see details in flyer)

The Norton Mobile Unit is taking appointments for both locations at 899-6842.

Although walk-ins are welcome, 20 appointments are needed to guarantee the Mobile Unit will be present.

More appointments are needed for the NIA Center on May 11th.

In addition to the mobile unit, exhibitors will be at each location.

These exhibitors will be at both locations:

- ♦ Colon Cancer Prevention Project
- ♦ Jefferson County Extension Service
- ♦ Kentucky Women's Health Registry
- ♦ Louisville Metro Dept. of Health & Wellness
- ♦ Passport Advantage/Passport Health Plan
- ♦ Planned Parenthood of Kentucky
- ♦ Seven Counties Services, Inc.



Partnering to bring you Norton's Mobile Unit Services:

Louisville Metro Office for Women & Norton Cancer Institute

Call 899-6842 to schedule a Mobile Unit appointment.

- Mammograms
- Pap smears and
- Colon Screenings
- Health information.

2nd Annual Women's Health Fair Exhibitors at 2 Locations

10 a.m.—3 p.m.

(FREE: No appointment needed to attend the fair)

May 10th : Urban Gov't Center, 810 Barret Ave.

May 11th : NIA Center, 2900 W. Broadway



Additional Exhibitors—810 Barret Ave. Only:

- ♦ Sullivan University
- ♦ Spencerian College
- ♦ Women 4 Women/Champions 4 Her
- ♦ Preston Chiropractic & Rehabilitation

Additional Exhibitors:

NIA Center Only:

- ♦ Louisville Metro HIV Prevention
- ♦ West Louisville Dental

